



## Jessica's Traditional Gluten Free Savory Crêpes

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**Serves: 4**

**Prep Time: 5 minutes**

**Completion: 30 minutes**

### Ingredients

2 eggs  
1/2 cup heavy cream  
1 cup 1% or 2% milk  
pinch of salt  
2 tablespoons butter, melted and slightly cooled  
5.5 ounces gluten free blend\*  
Butter or cooking spray

### Equipment

8", 10" or 12" nonstick skillet  
Medium bowl  
Liquid and dry measuring cups  
Measuring spoons  
Thin spatula  
Whisk  
Ladle

Fillings of your choice (Pictured - prepared salmon, dill dressing, spinach, cheese)  
OR (Prepared chicken, spinach, vinaigrette, cheese)



### Method

- In medium bowl, whisk eggs until foamy. Add milk and salt, and combine thoroughly.
- While whisking, gradually add cooled melted butter.
- Keep on whisking and add 1/4 cup of flour blend at a time until entire amount is incorporated.
- Whisk until no lumps remain.
- Let batter rest for **thirty minutes**, stirring occasionally.
- Preheat skillet over medium heat.
- Using butter or cooking spray, coat the skillet.
- Give the batter a stir.
- Ladle just enough batter into the skillet so when you lift the skillet and swirl the batter around, it just coats the entire bottom surface area.
- Cook for 3-5 minutes, or until bottom is slightly browned.
- Using the spatula, gently fold the crepe in thirds  
OR  
top with optional fillings, then fold in thirds and transfer to plate.
- Repeat with remaining batter. Serve hot.

### \*Gluten Free Flour Blend

24 ounces white rice flour (4 1/2 cups, plus 1/3 cup) (one bag of Bob's Red Mill brand)

7 1/2 ounces brown rice flour (1 2/3 cups)

7 ounces potato starch (not potato flour) (1 1/3 cup)

3 ounces tapioca starch (also called tapioca flour) (3/4 cup)